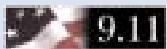




JaxAir News

A CHINFO AWARD-WINNING NEWSPAPER

TOUCHING BASE



City, community and military commemorate Sept. 11

The City of Jacksonville, in conjunction with the Interfaith Council of Greater Jacksonville and the National Council for Community and Justice, will hold a program Sept. 10 in Metropolitan Park to commemorate the events of Sept. 11.

The observance, entitled "9-11

Commemoration: A Coming Together of Greater Jacksonville," will feature a variety of leaders from Jacksonville's faith, civic, military, art and public safety communities; music by the Navy Band Southeast; a Navy helicopter missing man formation flyover; tributes to those who risked their lives so that others would live; and performances by several Jacksonville performers.

Gates open at 5:30 p.m., and the observance begins at 7 p.m. Picnic baskets and soft-sided coolers will be admitted, but will be subject to search. Food and beverages will also be available for purchase.

Prohibited items include bags, backpacks or fanny packs larger than 8 1/2 by 11 inches, alcoholic beverages, glass containers, roller skates or roller blades, bicycles, pets, or umbrellas.

Admission is free, and blankets and lawn chairs are encouraged for general seating. Strollers, diaper bags and chairs "in a bag" will be permitted.

For more information, call 630-3690 or go to www.jacksonville.com, keyword: events.

911 memorial to be observed

A special memorial service will be held at Patriot's Grove aboard NAS Jacksonville on Sept. 11 at 10 a.m.

The memorial service is planned in honor of our fallen heroes who were tragically taken from us one year ago during terrorist attacks on America in New York City, in the Pentagon and in the fields of Pennsylvania.

Patriot's Grove honors 80 Navy and Marine Corps Medal of Honor winners since the station was commissioned on Oct. 15, 1940.

Don't wait, get ready!

Preparing for Chief's Board starts early

By JO2 Mike Jones
Assistant Editor

You've just completed the advancement exam. Now comes those tense few months waiting for the results. After what feels like an eternity, the message is out: You'll be among the many successful candidates to add that first, or additional chevron to your sleeve. You can relax. You still have several years before you need to worry about preparing for E-7, right? Not necessarily.

"Preparing for the chief's board starts as soon as you make E-5," said NCCM(SW) Sha'Reff Rashad, Regional Career Information Program Manager. "The board goes back five years into your record."

Once a Sailor passes the written exam for E-7, his or her package is reviewed by a

panel of senior enlisted leaders for selection to chief petty officer.

If you ask around, you're bound to hear different definitions of the "most important thing" the board considers in candidates - evaluations (evals), volunteer service, collateral duties and education to name a few. However, said Rashad, the most well-rounded Sailors are likely to get selected. He described several features to a package considered by the board.

Career

Choice of duty stations, and what the Sailor does at each, has a big impact on the board, Rashad explained. If a Sailor has completed a tour at shore, duty aboard a ship or at an overseas location will help their career path. While deployed, Sailors now need to obtain warfare pins in order to qualify for advancement.

"If you're looking to stand out, go for that second pin," Rashad advised. "Or, take on the task of training new Sailors to get their pins. These choices clearly demonstrate initiative." Serving as a mentor to junior Sailors also shows the board a candidate's leadership potential.

Leadership

"The board not only considers a candidate's leadership skills at sea, but at shore commands as well," Rashad explained. "Once you transfer to a shore command, try not to just blend in. Make yourself stand out as an effective leader and mentor." Most importantly, he added, these should be documented.

Evals

Rashad explained the board looks into past evals as a source for a candidate's leadership skills, among

See BOARDS, Page 9



Photo by PHC(SW/NAC) Spike Call

Sailors tackle the written portion of the chief petty officer exam. If a Sailor passes the written exam, his or her package is then sent to a board of senior enlisted leaders for consideration for advancement.

USO offers variety of services to military

By Kaylee LaRocque
Staff Writer

For more than 20 years, the NAS Jacksonville United Service Organization (USO) has been helping out local military members and their families through a variety of services.

In the past, it was considered "the place to go" to socialize and to get away from the work center or barracks. Today, although the USO here is no longer a social gathering place, many stop in to use the services offered.

"One of the biggest draws here are the computers, especially when the ships and squadrons deploy. Many of the families here don't have home computers so they come in to email their loved ones. This comes in quite handy, if some minor emergency comes up and they need to reach the military



Photo by Kaylee LaRocque

JoAnn Dilling, program coordinator for the Greater Jacksonville Area USO sells some Jaguars tickets to AT3 Cynthia Endicott of the Air Terminal.

Other customers stop in to surf

the Internet. "We get a lot of people coming in looking for jobs. I often sit down with them and offer my insight, help them with resumes and ensure they are heading down

the right path," added Coonan, who took over as executive director about a year ago and oversees the NAS Jacksonville, NS Mayport and St. Augustine USOs.

Some customers just like to stop in to play a few computer games. "This is really popular at the Mayport USO. Many of the Sailors there really enjoy having a place to go off the base. The USO at the beaches is located on Mayport Road outside the base. It's like a home away from home. They provide a very comfortable atmosphere. At NAS Jax, most of our customers are looking for information," Coonan explained.

In the near future, both the NAS Jax and NS Mayport USOs will be upgrading their computers and access lines to better serve their customers. "We are installing some

See USO, Page 9

Opening hearts and closets for needy



Photo by Miriam S. Gallat

ATAN Jessica Wickham (center), AIMD, and Chaplain (Lt.) Kirk Crocco (right), NAS Jax Chapel assist volunteers from the Trinity Rescue Mission move the numerous bundles of clothing items that were donated by Sailors and civilians aboard the base during the past three weeks into the mission's van. Wickham, a member of the NAS Jax Christian Fellowship Night group and a long-time volunteer at the mission came up with the idea for the clothes donations and organized a donation drive. "I have always had a big heart for the homeless. The Lord put it in my heart. These guys have nothing and us Sailors are truly blessed with a steady paycheck, food, shelter and medical care," said Wickham. "I just wanted to make a small contribution to a big cause and Chaplain Crocco and the NAS Jax Christian Fellowship Night group supported me all the way." Those wishing to donate clothing items to the Trinity Rescue Mission may do so at the base chapel or at AIMD. For further information, call 542-3051.

WEEKEND WEATHER

FRIDAY 7/8/99
SCATTERED
THUNDERSTORMS

SATURDAY 7/8/88
SCATTERED
THUNDERSTORMS

SUNDAY 7/8/87
ISOLATED
SHOWERS

Seven-day forecast available at Naval
Atlantic Meteorology and Oceanography
Facility Jacksonville's Web site:
<https://www.nlmof.navy.mil>

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On Course

ASVAB testing program changes

By NCCM(SW) Sha'Reff Rashad
Regional Career Information Program Manager

The Department of Defense (DoD) is announcing changes to the Enlisted Testing Program (ETP). The Numeric Operations (NO) and Coding Speed (CS) subtests of the ASVAB will no longer be administered to military applicants.

Coding Speed (CS), as a Special Test, will only be administered to Navy applicants tested on the CAT-ASVAB at a Military Entrance Processing Station (MEPS).

In addition, a new subtest, Assembling Objects (AO) has been developed and incorporated into the ASVAB and will be administered to all military applicants processing for enlistment.

These changes to the ETP/ASVAB necessitate a revision to the sequence order for recording ASVAB subtest scores on the DD Form 1966 and entry into the Personalized Reservation for Immediate and Delayed Entry (PRIDE) system.

United States Military Entrance Processing Command (USMEPCOM) will produce a USMEPCOM Form 714-ADP that lists the ASVAB subtest scores in the sequence order as listed below for applicants processed

on or after Jan. 2, 2002. Applicants tested at MEPS with the CAT-ASVAB will not have their CS special test scores documented on the USMEPCOM Form 714-ADP. These scores must be obtained from MEPS' testing personnel.

PRIDE has been programmed to prompt and display the ASVAB subtest scores in the new sequence order. The new sequence order for ASVAB subtest scores are as follows:

Sub Test:
1. GS 2. AR 3. WK 4. PC 5. MK 6. EI 7. AS 8. MC 9. AO 10. VE 11. CS

When the CS subtest score is available, it will be recorded in the 11th position. If no CS score is available, Classifiers will enter '00' in the 11th position.

Classifiers must ensure ASVAB test scores are properly entered into PRIDE and documented on the DD Form 1966 when classifying applicants or reclassifying Delayed Entry Program (DEP) personnel.

Old records on the PRIDE master file will no longer display the NO subtest score, however all other subtest scores will be displayed in the new sequence order.

The ratings listed below utilized either NO or CS as part of the respec-

tive line score qualification requirement. The line score qualification requirements have been modified due to the elimination of the NO subtest and limited availability of the CS subtest.

The revised line score qualification requirements for classification and reclassification process are as follows:

CTA VE+MK > 105
LN VE+MK > 105
CTI VE+MK+GS > 150
DT VE+MK+GS > 149
OS AR+2MK+GS > 210
SM AR+2MK+GS > 190
IT VE+MK > 110
RP VE+MK > 105
YN VE+MK > 105

A new USMEPCOM Form 714-ADP will be automatically generated by the Military Entrance Processing Station (MEPS) for DEP personnel shipping to RTC in 2002.

For the reclassification (roll-up/roll-out/program change) of any DEP member initially contracted prior to Jan. 2, 2002, the NRD must request the new USMEPCOM Form 714-ADP from the MEPS.

The new USMEPCOM Form 714-ADP must be obtained and placed in the members' service record, with a copy retained in the members' residual file.

FROM THE DOC

Taking a quick glance at pink eye

By Lt. Chris Alphonzo
VP-30 Flight Surgeon

We have all known someone who had "pink eye" at one time or another, and it is very likely that most of us have experienced it firsthand.

Pink eye is another name for acute contagious conjunctivitis (doctors have to make things sound more "medical"). It describes a condition where the conjunctiva—a membrane that lines the white of the eye and inner surface of the eyelids—is inflamed because of infection.

The most prominent signs and symptoms of conjunctivitis are eye burning, itching, tearing, sensitivity to bright lights, redness of the eye ("pink eye"), a "gritty" sensation as if there were sand on the eye, and sometimes discharge from the eye.

Discharge may be clear, yellow or green, and is usually seen in bacterial causes of conjunctivitis, with pus formation at the eye, and the pus can be plentiful.

Sometimes, overnight pus formation will lead to the affected eye being "glued"

shut in the morning as the pus crusts over the closed eyelids.

Conjunctivitis in general, can also be caused by non-infectious sources. These include allergies, airborne irritants, problems with the eye's tear duct, or even intense light.

Chemical or physical causes of conjunctivitis include irritants in the air, such as smog, and non-airborne irritants, like chlorine in swimming pools.

Glare off of snow, and bright lights like that of an electric arc when a welder is working, can lead to symptoms also.

Allergic conjunctivitis is mostly seen in people with allergies, occurring anytime in the fall, spring or summer, and is most often caused by grass pollens.

This type of conjunctivitis can also be caused by allergic reactions to eye makeup.

Conjunctivitis caused by viruses often accompanies the common cold.

The herpes virus can cause conjunctivitis and may lead to serious eye problems such as ulcers on the eye's surface and disturbances in vision, if left

untreated. Pink eye can be avoided by frequent hand-washings with warm water and soap, and avoiding contact exposure with anyone already infected with pink eye.

Sharing of eye cosmetics should be avoided, and mascara should be thrown out after 4-6 months.

If you do become infected with pink eye, do not touch either eye.

Touching your eyes can infect the other eye if only one is infected to begin with, and it can also lead to other people becoming infected by contact exposure if they touch anything your hands have touched.

Wash your hands often with antiseptic soap, and use paper towels to dry your hands.

Drying your hands with a towel can lead to further exposure to the virus or bacteria that is causing the symptoms.

Essentially, pink eye is spread by contaminated fingers, tissues, wash cloths, and anything else that touches the infected eye. Warm-water soaks will help alleviate the discomfort caused by pink eye.

If there is discharge from

the eye, carefully use disposable tissues to remove it. It is very important that eye makeup not be used while the infected eye has symptoms.

If you wear contact lens, you may have to dispose of the lens if they were in contact with the eye at any time the eye had symptoms, and you should not start wearing contact lens again until all symptoms have cleared.

Avoid driving or any activities that require accurate vision while having symptoms.

If symptoms do not clear up in a couple days, eye discharge gets worse, you develop a fever, there is any change in your vision, or if you have any eye pain, go see your doctor immediately.

Your doctor may prescribe eye drops or ointments, or other types of medicine depending on the cause of the infection.

Most cases of pink eye take one to two weeks to clear up with treatment, and sometimes longer depending on the cause.

Hopefully this information will see you through any pink eye infection!



Meet A Sailor...

HM3 MONA THOMAS

Job title/command:

Branch Medical Clinic Jax

Hometown: San Diego, Calif.

Family Life: Second generation Navy. I have two children, Jhalion and Jhaila.

Past Duty Stations: NAS Sigonella, Sicily, HS-4

Career Plans: To follow my dreams, doing the things I enjoy doing and become one of the best doctors in the world.

Most Interesting Experience: When Mt. Pinatubo in the Philippines erupted.

Words of Wisdom: You are the master of your destiny, follow your wants and dreams.



Meet A Civilian...

DEBORAH GAWDY

Job title/command:

Sales Clerk, Navy Exchange

Hometown: Porterville, Miss.

Family Life: Single, no children.

Past Duty Stations: None

Career Plans: Just started my career as a hairstylist and plan to own my own salon.

Most Interesting Experience: Attaining my cosmetology license.

Words of Wisdom: Live life to the fullest.

NAS Jax to host annual military retiree seminar this month

NAS Jacksonville is hosting the 31st Annual Military Retiree Seminar Sept. 28, at the VP-30 Auditorium from 9 a.m. until 3:30 p.m. All retired military members and their families in the Northeast Florida area are invited.

Topics to be covered include legislative updates, long-term care, TRICARE, and military pay. Booths will be set up to answer questions.

The keynote speaker is Bob Hurley, Relocation/Retired Affairs Program manager at Submarine Base Kings Bay. Hurley is also Chairman of the Submarine Vets Veterans Affairs Committee, and a member of the Secretary of the Navy's Retiree Council.

The NAS Jacksonville Retired Activities Office (RAO), a component of the Fleet and Family Services Center aboard the station, is coordinating the seminar.

Military members still on active duty who need assistance, especially with a Survivor Benefit Plan (SBP), can also call their local RAO. The RAO aboard NAS Jacksonville can be reached by calling 542-2766 Ext. 126 or 124, or e-mail at: raojax@nasjax.navy.mil.

HEY MONEYMAN

Hey, MoneyMan:

I am a first class petty officer and have a total credit card balance of \$5000.00. I do not use the card any more and I make my payments every month. It seems I can never get ahead. Any suggestions?

MoneyMan Sez:

I believe the major cause of overspending is the credit card. Credit cards allow you to spend money you don't have. If you pay your bill in full every month, then credit cards offer a convenient way to buy things.

If you do not pay the bill in full, every month, you have fallen into the dreaded "credit card trap." Minimum monthly payments on a \$5,000 credit card balance, with an interest rate of 21 percent would be about \$125.

If you pay only the minimum monthly payment, it would take you 29 years to pay it off. Interest would be more than \$10,000. If you add the \$100 to your current monthly payment and make steady payments of \$225, you would pay the

balance off in two and a half years and the interest would be only \$1,300. My suggestion: make paying off that credit card debt your number one financial priority.

Hey, MoneyMan:

My next door neighbor and I are both E-5's and make almost the same amount of money. I always have enough money to go out on weekends, buy nice things and enjoy life. He and his family seem happy, but never have extra cash. He says he likes to control his spending. Neither of us is really in debt. Why not spend what you have?

MoneyMan Sez:

Hey, MoneyMan is not about to tell you how to spend your money. That is a personal (or family) matter. What I will tell you is that you should think about your spending habits.

Spending money is a lot easier and more fun than earning it. But, if you always look for the best value, consider buying in bulk, shop for quality (not "brand names,") and avoid

buying on credit, you will stay ahead.

If you will reduce your spending by about \$100 per month or \$25 per week and put this money into savings, it will be worth more than \$650,000 to you as you approach your retire-

ment years. Not bad for giving up a few cheeseburgers and fries. Maybe there is a reason your neighbor is so happy.

More questions? Call Hey MoneyMan at 778-0353.



Sunday Services

You are invited to the following Base Chapel Worship Services this Saturday and Sunday:

Saturday 5 p.m. - Catholic Mass
Sunday 8:30 a.m. - Protestant
Communion 9:30 a.m. - Catholic Mass
11 a.m. - Protestant Worship

Children's Sunday Class - Protestant Sunday School program is at 9:45-10:45 a.m., and Catholic CCD is 10:45 a.m.-noon.

Jax Air News

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U.S. Naval Air Station, Jacksonville Editorial Staff	
Editor	Miriam S. Gallet
Assistant Editor	JO2 Mike Jones
Staff Writer	JO2SCW Eric Clay
Staff Writer	JO2 Jackie Bratt
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Design/Layout	George Aitchley

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Ellen S. Rykott, Military Publications Manager
1 Riverside Avenue • Jacksonville, FL 32202
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Remembering Sept. 11, one year later

From the American National Red Cross

Anniversaries of traumatic events can be particularly difficult times for anyone who was affected by the original event.

Although we don't know what it is like for you, we do have a general idea about what many people go through. We would like to share that information, as well as some ideas for coping with the thoughts, memories, and physical and emotional problems you may encounter.

The anticipated memorial events and extensive media coverage of the anniversary of the tragic attacks of Sept. 11, combined with fears that terrorists may strike again, may bring back memories and create feelings that surprise you in their clarity and vividness.

Don't be surprised if such feelings and images surface: many people will be having these reactions. You and your family may experience:

- Changes in your desire for food or certain types of food.
- Headaches and/or stomachaches.
- Disturbed sleep pat-



Photo by Cmdr. W. Scott Gureck

A huge American flag is visible on the side of the Pentagon following the Sept. 11 terrorist attack in which a hijacked commercial airliner was crashed into the southwest corner of the building. American Airlines FLT 77 was bound for Los Angeles from Washington Dulles with 58 passengers and six crew members. All aboard the aircraft were killed, along with 125 people in the Pentagon.

terns, including vivid dreams or nightmares.

- Feelings of grief and sadness.

- Feelings of depression.
- Feelings of frustration and anger.

- Avoiding places and/or people who remind you of the event.

- Thoughts of suicide.

Don't be alarmed if you don't experience any of these reactions. Both experiencing and not experiencing a change in reactions are normal.

However, if you have found that since Sept. 11 all your emotions have disappeared and you feel numb, consider talking to a mental health professional.

We have all experienced what is known as a "significant emotional event." Significant emotional events are events so out of the ordinary that they can cause us to change the way we look at things and how we assign value to them.

Whether you lived in the New York, Washington,

D.C., or Shanksville, Penn., area on Sept. 11—or were there as a disaster responder—or as a visitor or followed the events on television, there was an overall sense of grief in which you shared. Many who watched the attacks lost, at a minimum, their sense of safety and security.

During the last year, you may have found yourself changing your mind about what is most important in life. While grieving is difficult, it also can be a growth experience.

It is important to understand that the recovery process is different for everyone. This anniversary may not be the end of your emotional roller coaster. However, because of what you have already experienced, your ability to cope with events around you may have already been strengthened.

In order to help yourself through this anniversary, there are a number of things that you can do:

- Look back at how far you've come since the attacks. In the last year, your perspective on the incident and its place in your heart, mind and life will have changed.



Photo by PH2 Jim Watson

A New York City firefighter looks up at what remains of the World Trade Center after its collapse following a Sept. 11 terrorist attack.

Air Operations shooter takes third Navy-wide

By JO2(SCW) Eric Clay
Staff writer

Recently ET1(SW) Ed Willett competed in the Armed Forces National Rifle and Small Arms Competition.

The competition took place at Quantico Marine Corps Base, Va. in August. Willett is currently ranked third in the Navy and finished 125th out of 1,200 at the nationals. Thirty-five members represented the Navy at the event.

"Watching the Army and Marine Corps shooter, I was just amazed to be invited," said Willett.

Willett participated in slow-firing and rapid-firing events in the "service rifle" category. In both events he shot from the prone, sitting and standing positions.

Willett chose the M-14, KR-15 and M-16 for the category that he participated in. His specialty is long range shooting. The targets were placed at 600 yards and sometimes farther. The farthest target that Willett has shot at was 1,000 yards at the nationals.

While shooting either for practice or in competition, safety is a major concern. Range coaches are placed along the range to ensure safety measures are observed.

"I saw the range coaches removing spectators for talking too loudly; the spectators could have broken the shooters concentration," remarked Willett.

When not shooting, Willett makes sure that his weapon is in a safe condition. He assures that the weapon is pointing down range and that it is cleared of all ammo. A plastic block



Photo by JO2(SCW) Eric Clay

ET1(SW) Ed Willett of Air Operations aims while in the prone position and fires at a 200-yard target during a practice session Aug. 28.

is put into the chamber, so that the bolt can't go forward, accidentally discharging a round.

He wears protective gear when shooting. This includes a special jacket that absorbs the kick back of the rifle. The jacket also helps him shoot well because it doesn't allow the sights on his rifle to move to the beat of his heart.

A shooter's glove, double hearing protection and safety glasses are also worn by Willett while he shoots.

A unique part of his safety glasses is that one eye can be blacked out. This is because he is dual eye dominant. Wearing the glasses allows him to focus with one eye only.

Willett has at least three practice sessions a week, an hour each time. He said, "Short sessions are better than longer sessions."

Willett has extended an open invitation to anyone wanting to learn competi-

tion shooting. He will teach those who are serious about the sport.

"The reason that I shoot well today is because a person showed me the ropes about a year and a half ago," he said.

He started shooting as a teenager, hunting in Georgia. Now he only participates in competition.

Until 1957, the Navy only participated in the nationals as an informal basis until Chief of Naval Operation, Adm. Arleigh Burke took steps to get the Navy marksmanship program back on course. He issued a directive establishing Small Arms Marksmanship Instructor (SAMI) billets through out the Navy.

For those interested, Willett can be contacted at 542-3303. For more information on the Navy's small arms and rifle competitions visit the website at www.usnsm.org.

VP-5 honors



Photos by PH2 Kim Smith

Lt. Rob Stanley (above right) receives his Patrol Plane Commander (PPC) designation from Cmdr. Pat Buckley, commanding officer of VP-5, following his final qualification flight on Aug. 27.

AW1(AW/NAC) John McLarnan of VP-5 gets pinned by his wife, Beth and mother, Mary. McLarnan, was commissioned an Ensign in the United States Navy during a ceremony on Aug. 23. McLarnan first enlisted in the Navy in March 1988, and has since served in HS-1, HS-15, VP-30 and VP-5. He will attend Limited Duty Officer training in Pensacola.



'Scouts' help build homes

By Lt.j.g Chad Lukins
VS-24 PAO

The "Scouts" of VS-24 recently put the finishing touches on the Habitat for Humanity of Jacksonville, Inc. (HabiJax) house for Walker Thomas.

"Scout" personnel have been volunteering their time on this house for seven weeks, nurturing it from foundation to completion.

More than a dozen volunteers worked every Tuesday framing, roofing, siding, painting, landscaping, as well as other construction site handiwork, providing more than 500 hours of labor to the project.

The construction was a learning experience for many of the volunteers as they experienced first hand what it takes to build a house.

Assisting Thomas in building and owning a house gave the "Scout" volunteers an enormous sense of satisfaction. "Seeing Mr. Thomas at the house with his joy and pride made the project an enlightening and enjoyable experience for everyone," said PR1 Richard Miller.

HabiJax is a Christian housing ministry that



Photo courtesy of VS-24

Walker Thomas (front with cane) is accompanied by HabiJax volunteers from VS-24. From left: AN Joseph Gillespie, AE3 David Brown., AME1 Carl Shilling, AA Joseph Shackelford, AD1 Willie Robertson, AO3 Odell Smith, AO3 Ryan Dooley, AK2 Stephanie Foster, AO2 Rocco Frakes, AM3 Carlos Gonzalez, IT1 Fredrick Mosley, and PR1 Richard Miller.

builds affordable houses for people in need. Once a family applies, homeowners are chosen based on their level of need, their willingness to become partners in the program, and their ability to repay the loan.

The program is a joint venture in which homeowners are involved in all aspects of the work. Small down payments are required and each HabiJax homeowner is required to invest 300 hours of labor into their own or other HabiJax homes.

HabiJax has interest free 25-year mortgages where payments are paid into a

revolving fund that helps support the construction of new homes.

HabiJax is always accepting volunteers. Anyone over the age of 16 can come out and build.

Building interior and exterior wall panels in the HabiJax Manufacturing Facility is also an option for volunteers as well as working in the "HomeStore".

VS-24 would like to offer special thanks to all the volunteers and HabiJax for making this new home possible.

For information, check the HabiJax website at www.habijax.org.

Columbian officers take tour



Photo by PH2 Kim Smith

At a recent ceremony, Brig. Gen. Cadavid Barco Hernan, Colombian Army, presented a plaque to VP-5 Executive Officer Cmdr. Scott Dueker. Hernan and 42 officers from the Colombian War College were aboard NAS Jax for tours of Commander Helicopter Anti-Submarine Wing Atlantic and VP-5. "This was a great opportunity for our officers to see first hand the different aircraft capabilities the U.S. Navy has on base. We appreciate the Navy's hospitality," said Hernan.



Photo courtesy of VS-32

AT3 Curt Metzger of the Line Shack spent several hours teaching cadets on how he helps maintain the squadron's aircraft.

Sea Cadets get taste of 'Mauler' life

By Lt. Natalia Henrique
VS-32 PAO

The VS-32 "Maulers" had the opportunity to host a unit of U.S. Naval Sea Cadets for two weeks during the month of August.

The eight cadets, directed by program leader Lt. Cmdr. Donald Brammer, were in the Advanced Aviation Summer Training Program phase of their education.

After receiving a full day of indoctrination and safety briefs, the Sea Cadets started right to work. For the first week, all of the cadets worked in the hard-charging Line Shack under the supervision of Leading Petty Officer AT1(AW) Jason Duncan.

"Each cadet was assigned a 'buddy', not only to ensure their safety, but to give them the full hands-on training experience," said Duncan.

During their time in the Line Shack, the cadets learned how to prepare an aircraft prior to a launch, perform aircraft inspection,

and service the engines and hydraulic systems. They also learned how to safely launch and recover an aircraft by completing their Personnel Qualification Standards (PQS) training for plane captain.

After their first week, the cadets were then assigned to different maintenance work centers where they experienced more specialized training.

In response to a request by the Department of the Navy, the Navy League of the United States established the United States Naval Sea Cadet Corps (NSCC) in 1958. In 1962 under Public Law, the NSCC became known as a non-profit civilian education organization, a legal entity separate from the Navy League. The basic objectives of the program are to help young men and women become more patriotic and responsible Americans, and educate them about the role of maritime services in national defense.

The NSCC accepts men

and women between the ages of 11 and 18. The cadets, hosted by VS-32 were between 14 and 16. Most had plans to go to the Naval Academy and become officers, but one individual expressed a desire to become an officer through the Seaman to Admiral program.

"He said that he wanted to be really 'hands-on' with the aircraft and start at the maintenance level," said AT3 Curt Metzger, who has worked in the Line Shack for over a year. "He liked it so much that he got upset when we told him it was time to rotate to another shop."

At the completion of their training, the cadets were recognized in a special ceremony. Cmdr. Evan Pirtz, commanding officer of VS-32, awarded each of the individuals with certificates designating them as "Honorary Plane Captains".

The VS-32 "Maulers" enjoyed hosting the Sea Cadets during their training program and hope to one day work alongside them in the fleet.

HS-3 participates in 'Smart Search 2000'

By Lt. j.g. Aaron Anthonson
HS-3 PAO

The "Tridents" of HS-3 recently took advantage of the opportunity to demonstrate that carrier-based HS squadrons can operate in detachments on board surface combatants as valuable Antisubmarine Warfare (ASW) assets.

The "Tridents" recently embarked with two SH-60F Seahawk helicopters on board USS O'Bannon (DD 987), based out of Naval Station Mayport, in support of "Smart Search 2002". "Smart Search" is a series of ASW exercises conducted in the Atlantic operating areas using coordinated surface and air assets to prosecute a submarine. The exercises are conducted to provide surface combatants with valuable antisubmarine warfare training in a variety of wartime scenarios using coordinated operations.

In addition to providing important ASW training to the battle group, the week-long mission also offered valuable training for the twenty-five pilots, aircrew, and maintenance technicians from HS-3. The "Tridents" quickly adapted to the different environment of life aboard a destroyer. The detachment thrived in the demanding around-the-clock exercise, completing all sorties and receiving praise from the DESRON commander. The detachments aboard air-capable

ships have traditionally been filled by the Helicopter Antisubmarine Squadron, Light (HSL) community flying the SH-60B. Over the next several years, the SH-60R will replace the SH-60B and SH-60F models, merging the HS and HSL communities.

While the detachment was embarked on board USS O'Bannon, nearly all of HS-3 was deployed on board the USS Harry S. Truman (CVN-75) in the support of fixed-wing carrier qualifications. This demonstrates that an HS squadron can provide valuable ASW detachments to the battle group, while still reliably supporting flight operations on the carrier. In the future, this proof-of-concept can contribute greatly to the ASW capability of the battle group.

Lt. Cmdr. Bill Miller, detachment officer-in-charge, commented, "This was a great experience for us as a squadron and a community. We participated in some of the best-coordinated ASW training I've seen in recent years. I think we've shown how flexible we can be in supporting multi-mission tasking."

"The success of this detachment speaks volumes about the quality of people in our community as well as in the Surface Navy. I think we'll be seeing many more detachments like this in the future," added Cmdr. Lee Schoenberg, commanding officer.

Navy, city to host POW/MIA service

Commander. Navy Region Southeast (CNRSE), in conjunction with the City of Jacksonville's Veterans Service Division, will hold a POW/MIA Recognition Service at 9:30 a.m., Sept. 19, at the Veterans Memorial Wall at the Jacksonville Coliseum.

The keynote speaker will be retired Navy Capt. Dale Raebel, a former NAS Cecil Field pilot.

He was shot down over North Vietnam and taken prisoner in August 1972.

At the time a lieutenant commander, he was assigned to VA-37 flying from USS Saratoga.

Giving the POW Pledge of Allegiance will be Carl Creamer, a former Japanese POW.

Also included will be an aircraft flyover, a 21-gun salute, music by Navy Band Southeast, and a Navy and Marine Corps Color Guard.

Reading the names of Floridians still missing will be NAS Commanding Officer Capt. Mark

Boensel, Capt. Matthew Schellhorn, commanding officer of Naval Station Mayport, Lt. Col. Don Peters, deputy commander, U.S. Army Corps of Engineers Jacksonville District; and Col. Allen Coulter, commanding officer, U.S. Marine Corps Blount Island Command.

The military attire is summer whites, appropriate attire for civilians.

Additional information including directions is available by visiting www.comnavregse.navy.mil

Multi-cultural Fair



The Moko Jumbies perform a dance routine on stilts.



From left: Jaimie Antonetti, Mellea Bacolor, Brian Bacolor and Yaris Antonetti perform a Pacific Island dance at the Multi-Cultural Fair.

Event teaches diversity

By Kaylee LaRocque
Staff Writer



A belly dancer demonstrates her moves at the Multi-Cultural Fair.

Despite a 70 percent chance of rain in the forecast, the skies held out just until the NAS Jacksonville's second annual Multi-Cultural Awareness Fair was over and the clean-up had begun.

Luckily, the members of the base Multi-Cultural Awareness Committee and volunteers worked quickly to get the area picked up and only got a little wet.

This year's event at Sea King Park proved extremely successful with approximately 500 people showing up to enjoy some cultural entertainment, food and view some of the information provided at several displays.

"This year's event took about seven months of planning by our committee. It really takes a lot of effort on everyone's part. Our committee is made up of about 20 individuals from various commands here. Everyone worked extremely hard organizing this event, setting everything up, helping out during the day and with the clean-up," said Equal Opportunity Advisor SMC Tim Fronzaglio.

Instead of having the entire group organize every aspect of the fair, each committee member was delegated to promote a specific culture. "By assigning a specific culture to a tenant command, it was much easier. This meant that the command was responsible for setting up a booth and coordinating entertainment relating to their culture. Not only did it work well, but limited the amount of work everyone has to do to put something like this together," added AO1 Jwuann Short, who hosted the event.

During the morning, the Navy Band "Pride" performed numerous tunes to keep the crowd hopping. There was also a D.J. on hand to help out with performance music and announce upcoming events. The first presentation featured several teenagers performing traditional Pacific Island dances. Other presentations included some unique dance routines by Jerry Roth of Naval Air Depot Jax (NavAirDepot), his wife, Pearl and Manoleta Moncada, also of NavAirDepot.

As lunch was served, hundreds of hungry patrons lined up to enjoy samples of cultural dishes prepared by the base galley.

After lunch, other entertainment included the Alegria de Espana dancers, Moko Jumbies stilt walkers and a jazz ensemble.

Several commands sponsored booths at the event including: NAMTra who featured information on Native Americans; NavAirDepot who sponsored a Jewish booth; VP-30 with information on the Hawaiian Islands; Navy Legal Service Office with an Irish booth; FASO who featured an African/American display; VP-5 with an exhibit on the Caribbean Islands; Naval Hospital who featured the Unity of the Nations booth and an Asian/Pacific Island display. Members from The Society for Creative Anachronism, Inc. were also on hand to provide information about the society which helps preserve the arts and culture of the Middle Ages and Renaissance.

Another highlight of this year's fair was a small classic car show. DT2(FMF) Marcus Davis' Pontiac Trans Am won the owner's choice award.

According to Fronzaglio, this year's entertainment list has grown quite a bit since last year's event. "Everything worked really well last year, but this year we've added on. We wanted to provide a better representation of the different ethnic communities around the area. We wanted the opportunity to educate and promote diversity to base personnel and this fair is a great way to accomplish that goal," he said.

"That's really what this is all about. To enhance and education people on cultural diversity. This fair really helps break down a lot of stereotypes," added Short.

Planning for next year's event which will be held next August, will begin in a couple months. If you would like to help out or join the Multi-Cultural Awareness Committee, call 542-3304.



Jerry Roth of NADep and his wife, Pearl, perform the "Wedding Dance."

Multi-cultural Fair



Several apprehensive volunteers help out the Pacific Island dancers during the "Fruit Salad" song.



△ TM1(SW) Marcos Ramirez (left) and TM1(SW/AW) Jose Santana learn more about the first Americans in the Jacksonville area at the Native American booth sponsored by NAMTra.

Photos by Kaylee LaRocque & PH3 Jennifer Rivera

DT2(FMF) Marcus Davis (right) gives some statistics about his Pontiac TransAm Official Pace Car to QM1(SW) Ron Butler and TM1(SW) Ripton McGhie. Davis was one of eight entries in the car show and won the owner's choice award. ▷



Members of the Multi-Cultural Awareness Committee serve samples of cultural food dishes during the second annual event.



Members of the Alegria de Espana perform a Spanish dance at the fair.

Cutting edge technology

One touch offers quick answers to supply questions

By SK2 Marcia Greenidge
FISCJax PAO

Fleet and Industrial Supply Center Jacksonville (FISCJax) is providing cutting edge technology and top quality customer service with the Naval Supply Systems Command's (NavSup) new One Touch Support System (OTS).

OTS is a tool created and designed to provide customers with a single web-based point of entry to the supply system for research and parts procurement. The new system gives Fleet Sailors, industrial activities and support providers a more efficient way of conducting business.

This cutting edge technology allows access to both afloat and ashore supply functions including stock checks, requisition input, real-time status, shipment tracking, MILSTRIP and requisition follow-up from more than 20 government and commercial data sources.

With one click, OTS customers can gain access to Navy E-Mail for the acquisition of commercial items with a Navy Purchasing Card.

"The implementation of this project is being con-



Photo By SK2 Marcia Greenidge

Gwen Sanders, FISCJax One Touch Support administrator, demonstrates the convenience and easy access of the One Touch Support to MSSN Sheila Styles, a reservist from FISC Jax Unit 108.

ducted in stages. Version 3.2 has been implemented and our goal is for all customers to have easy access to a global network of resources that deliver top quality products and services," said Gwen Sanders, director, Regional Customer Service and OTS administrator.

According to Sanders, this instrument will prove to be very helpful to fleet expeditors, ship and shore supply personnel, equipment and maintenance specialist and commander and chief (CINC) planners. Sanders was instrumental in the creation of the NAV-

SUP system.

Additionally, the state of the art website replaces seven legacy regional and global one touch systems, that allows the integration of all Fleet and Industrial Supply Center activities and Inventory Control Points (ICP).

Moreover, OTS includes a single sign-on access to all one-touch applications, e-mail capabilities and a choice of text only or full graphics view.

The system is similar to commercial e-commerce and is in line with the NAVSUP vision of "One Touch Supply."

"Using the system is a win-win situation, but our customers reap the most benefits," Sanders said. "OTS is one of many tools we use as a global enterprise to remain ready, resourceful and responsive."

FISCJax is committed to providing One Touch Support to customers throughout the Southeast Region by integrating technology and quality service in the 21st Century.

For information on One Touch Support, contact Gwen Sanders at 542-1000 Ext. 142 or visit www.one-touch.navy.mil.



Photo by Amy Cheshire

From left: Nel Ferslew, Commanding Officer Capt. Karl Yeakel, David Ivins, Charles Delucia, James Padgett, and Thomas Pye.

Employee suggestions recognized at NaDep Jax

By Susan Brink

NavAir Depot Jax, Public Affairs Specialist

On Aug. 5, Capt. Karl Yeakel, commanding officer, Naval Air Depot Jacksonville (NavAir Depot Jax) awarded Depot employees through the Valuable Ideas Save Investments Of NADep (VISION) Program.

Charles Delucia, electroplater, received recognition for designing a PVC water deflection system, which was installed on the interior wall of the cooling tower to direct water into an interior reservoir, thus preventing this chemically treated water from splashing and dripping on the exterior walls, vents, and concrete pad. The idea minimizes periodic cleaning of exterior walls, loss of water, and potential chemical contamination of surrounding soil.

Metals Inspectors Neil Ferslew and Warren Hansen, earned official recognition for their suggestion recommending the discontinuance of x-ray requirements for TF34 fan disks. The elimination of this redundant inspection step was secondary to ultrasonic inspections and has resulted in zero rejects. This idea reduces labor-hours, thus reducing cost and turn-around-time without compromising the integrity of non-destructive inspections.

David Ivins, quality assurance specialist, was recognized for recommending the use of helical coil inserts in the repair of the CDP/CBP Sensor

Housings on the TF34-100A/400B engine's main fuel control. This idea significantly reduces overhaul cost and turn-around-time, thus increasing productivity and component delivery for both Navy and Air Force customers.

James Padgett, painter, earned official recognition for the design and construction of a mounting stand utilized in the painting process of P-3 seats. The stand allows seats to be rotated 360 degrees, enabling artisans full access to all surfaces to be painted. Although designed primarily for the P-3 seat, this prototype has proven effective on EA-6B and F-14 seats as well, thus reducing turn-around-time, improving product quality and minimizing potential safety hazards.

Thomas Pye, sandblaster, was recognized for recommending the recycling of wastewater being discharged from the Jet Spray Guns in the strip hangar. Although the VISION was not adopted, it prompted management to perform "root cause" analysis to determine why excessive water was being discharged. It was found that the Jet Guns were not properly adjusted per the manufacturer's instructions, highlighting an area that had previously been accepted as proper operation.

Yeakel commended the recipients of the VISION awards and applauded them for their efforts to improve quality, productivity, and economy at NavAir Depot Jax.

9/11: Tips on coping a year later

From Page 3

- Look inward and recognize the challenges you have faced. Acknowledge the courage, stamina, endurance and resourcefulness you have shown. Think about your beliefs and faith, and about the people who have helped you make it to where you are now, as well as those you have helped.

- Understand that recovery is not accomplished overnight. Every holiday, special family event or change of season has been the first since the attacks, and may have created strong feelings. After the first anniversary, these special occasions will probably not be as painful.

- Remember that in difficult times, everyone's emotions are closer to the surface. Forgive yourself and others when you or they act out because of stress. This is a difficult time; everyone's emotions are closer to the surface. But also be certain that your stress does not become an excuse for mistreating others, or increasing your use of drugs and alcohol.

- Talking to others who have gone through the same experience can be helpful because they can not only see any visible evi-

'Enduring Freedom' - Let us not forget

- More than 3,000 people died in the Sept. 11 attacks. They came from more than 80 different nations, and from many different races and religions.
- Approximately 2,000 children lost a parent on Sept. 11.
- 184 people died and 146 children lost a parent in the Pentagon attack.
- 343 firefighters and paramedics, and 60 police officers perished at the World Trade Center. One business alone lost more than 700 employees, leaving at least 50 pregnant widows.
- Since 9/11, the Salvation Army has served 3,231,681 meals, requiring the efforts of 7,149 officers and staff, and 32,275 volunteers, representing a total of almost one million volunteer hours.
- United by the memory of Sept. 11's heroes and victims, we are a nation determined to win the war against terrorism.

dence of the disaster, but also know about the invisible wounds because they may have them, too. If you have considered doing harm to yourself, or know someone who is feeling that way, please talk to your mental health provider, call 911 or go to your local emergency room.

Children also may react to the anniversary events and media coverage. At greatest risk for anniversary reactions are:

- Children who lost a member of their family.
- Children who lived in New York, Washington, D.C., and Shanksville, Pennsylvania, and were directly exposed to the sights, smells and sounds of the attacks.
- Children of responders who were fearful for the safety of their family mem-

bers who were helping other people.

- Children may act out the violence they saw and might try, through their play, to "magically" change the outcome. They may show more anger or exhibit other unusual behavior. Younger children may also show other signs of stress including:

- Fear of noises, and of the dark.
- Difficulty concentrating.
- Difficulty sleeping and loss of appetite.

- A return to bedwetting.
- Temper tantrums.
- Encourage your children to talk to you, another adult, or a mental health counselor

- Help them channel their fear and anger toward problem solving.

- Help them relax and focus on something pleasant.

- Give them as much extra attention and affection as possible during this difficult time.

© American National Red Cross\

USO: Check out all that is offered

From Page 1

T-1 lines, getting new computers, adding video cams and incorporating video streaming. This will allow our military members on deployment to see the important events happening back home," said Coonan.

The USO also offers discounted and sometimes free tickets to events and local attractions to military members and their families. These include attractions in the Orlando and Southern Georgia areas. "We are trying to provide opportunities to the folks here, especially the younger Sailors, to get out and enjoy the sights here. I don't want them paying full fare, so we work with people to get them some pretty good deals," said Coonan. "One guy came in recently looking for Gator National tickets. We didn't

have them, so we made a few phone calls and got the tickets. If we don't have what people are looking for, we'll sure try to get them."

The USO also sponsors Pal Day in St. Augustine the first weekend in December. This annual attraction gives local military members and their families the opportunity to see the sights of the nation's oldest city. This year's event is planned for Dec. 7.

Probably one of the best deals in town for our active duty personnel is the availability of Jacksonville Jaguars tickets for only \$6 per person. In the past, military members were required to wear their uniform, but this is no longer a requirement. They are required to show their military I.D. card at the gate.

As a non-profit organization, the USO relies on funds from the

United Way and individual donations. "We hope to serve 143,000 people this year, whether it's through tickets sales, computer use or any of the other services we provide," explained Coonan.

Although the USO is non-profit, Coonan stresses a different viewpoint. "Many people think that non-profit agencies always have their hand out asking for money. We do accept money to fund our programs, but we also try to give back to the community through our volunteer programs," he said.

The USO coordinates several volunteer drives throughout the area. "We send volunteers to help build homes with Habitat for Humanity programs in Clay, Duval and Camden Counties and the beaches. We also help out the Jacksonville Housing Partnership through our Shipmates with Heart and the mayor's annual

"Paint the Town" programs. These programs involve building wheelchair ramps for those in need and painting homes in areas designated by the city," said JoAnn Dilling, volunteer coordinator for USO.

"Last year, we completed a little more than 10,000 hours of volunteer time with these programs. This is a busy job, but really a lot of fun. I get requests from commands every day asking where they can help out," added Dilling, who has been organizing this program since 1995.

Commands are encouraged to help out whenever they can. "Whenever they have a free day, they can call and I will set something up for them. I provide all the information needed including a sign-up sheet. This needs to be returned to me and we send out letters of appreciation to each

individual," Dilling explained. "These people we help out definitely are in need of our services. They're really great programs and have grown substantially over the years."

In the future, the USO plans to continue to provide as many services as possible to its patrons. If you haven't had a chance to stop by, the NAS Jax USO is located at main gate across from ROICC. The hours of operation are Monday through Friday from 8 a.m. to 4:30 p.m. For more information on what they have to offer, call 778-2821. USO Mayport's hours are 9 a.m. - 9 p.m. Monday through Friday and 9 a.m. - 6 p.m. on Saturdays.

Advancement exams coming up

The E-5 Navy-wide advancement exam will be held Sept. 12 and the E-4 exams are scheduled for Sept. 19 at Hangar 1000. All candidates must report by 6:30 a.m. with their military I.D. card in the uniform of the day.

From Page 1

BOARD: Don't wait to prepare for advancement opportunities

other things. "If you're not concerned about your own eval, nobody else will be either," he stated. He explained the need to document every event, as it happens, that a Sailor would want included in their eval. "It's very

hard to recall every single thing you've accomplished at the end of the year," he said.

Mission Accomplishment

Excelling in your rate is important, but strengthening the command climate will help put you over the competition, Rashad said. "Making a positive difference at your command by taking

on those additional duties such as P.R.T. coordinator or training coordinator shows initiative," he said. Volunteering for additional tasks shows a willingness to improve the command climate.

Strengthening these aspects will help to ensure the board receives a powerful package, Rashad said.

Additional information to help Sailors prepare for the selection board may be found at: <http://www.bupers.navy.mil/selectbd/sbprep.html>. General information regarding the advancement process can be found at: <https://www.advancement.cnet.navy.mil>.

NavHosp JAX News

Prescription refills now online

By Loren Barnes
NavHosp Jacksonville Public Affairs

Naval Hospital Jacksonville Pharmacy customers now have two options for submitting prescriptions from the comfort of their home. They can either call the pharmacy's automated refill service by phone at 542-7410 or place their refill order online at www.navalhospitaljax.com.

Customers with new prescriptions should continue to bring them to the pharmacy where they will be provided friendly professional service at one of the pharmacy's 12 customer service windows. After that, refills can be done online simply by accessing the hospital's web page, going to the options menu headed "Prescription Information" and clicking on the icon "Online Pharmacy Refills."

As with the dial-in service, customers refilling orders will be asked to provide the last four digits of their sponsor's Social Security number and the prescription number. Refill orders placed either by phone or via computer are filled through the pharmacy's automated refill system. As in refilling prescriptions by phone, customers are prompted to select where they wish to pick up their refills - at the Naval Hospital Jacksonville drive-thru pick-up building, BMC Athens, BMC Albany, BMC Key West or BMC Mayport. There is also a search option for accessing informa-



Photo by Loren Barnes
Assistant Outpatient Pharmacy Division Officer Lt. Raymond Morris demonstrates how pharmacy customers can now place prescription refill orders on the Naval Hospital Jacksonville Web site.

tion on specific drugs regarding usage, cautions, side effects, dosage, etc.

Lt. Raymond Morris, Assistant Outpatient Pharmacy division officer, said offering the option of refilling orders online is simply one more way the pharmacy is striving to make things easier for customers. "For people who are computer friendly this

may be the way to go," he said. It offers the comfort of visually seeing that your order is placed in the system, the ability to print out a record, and the ability to access additional information on medications," he said. The online pharmacy is just one more way Naval Hospital Jacksonville is using 21st Century technology to provide Family Centered Care.

Impaired judgment Think before you drink

By HN Jeffrey Nelson
NavHosp Jacksonville

Operating an automobile is not very difficult. How about consuming an alcoholic beverage?

It does not take a rocket scientist to figure out. But if the two are combined; the outcome could only have devastating effects. Drinking and driving can not only ruin or end your life, but others as well.

Every year people who drive under the influence of alcohol kill or injure thousands of people. The state of Florida's driving under the influence (D.U.I.) law is considered one of the toughest in the nation. The Florida Highway Patrol, sheriff's offices and police departments strongly enforce their efforts to apprehend persons who drive under the influence.

Facts
In the state of Florida .08 percent blood alcohol level (BAL) is considered legally intoxicated.

The chances of an accident increase with each drink consumed.

Alcohol reduces alertness, impairs vision and interferes with judgment.

Only time will help someone sober up. There are no remedies.

One hour is the time it takes for the effects of one drink to leave your system.

A 1 oz. shot of whiskey, a 3 oz. glass of wine, and a 12 oz. beer contain the same blood alcohol content.

Alcohol is immediately absorbed directly into the bloodstream before being digested. Therefore, the liver must have time to clean the blood and remove the alcohol from the body.

At a BAL of .10 percent the probability of having an accident is seven and one half times greater than when sober. This increases to 25 times at .15 percent blood alcohol level.

Alcohol is medically termed as a drug and



depressant.

Persons found guilty in a court of law of driving under the influence of alcohol or unlawful blood alcohol levels are subject to fines and imprisonment. All persons convicted of these offenses, including residents of another state or country, are subject to the following penalties:

First Time Offenders

A minimum fine of between \$250 and \$500 in addition to court costs

Imprisonment for up to six months

A minimum of 50 hours of community service

A minimum of six months suspension of drivers' license

Mandatory attendance of alcohol abuse education course

Second Time or Plus Offenders

Mandatory terms of imprisonment

Increased fines and revocation period

Mandatory attendance of alcohol abuse education course

DUI Manslaughter

10-12 years in prison

No possibility of parole

Driving privileges revoked for life

The bottom line is to think before you drink. Driving under the influence of alcohol is not a joking matter. Don't assume you will get away with drinking and driving. Eventually you will get caught. Why do you think they call alcohol liquid courage? It is not courage that alcohol gives you. Alcohol gives you the influence to do harm to yourself and others. Don't suffer the consequences. Wise judgment is a valuable tool - use it before you drink.

Taking it in vein



Holly Roberson, from the Florida-Georgia Blood Alliance prepares to collect blood from HM2 Annaliza Deaver.

Photo by HM3 Jessica Peau

Sept. 23 - 27 is
"5 A Day" Week
and
The Wellness Center is Celebrating!

Stop by our
Nutrition Booth
for
Fresh fruit smoothies
Nutrition display and information
and blood pressure checks
at

The Fitness Source
10 a.m. - Noon
Monday, Sept. 23
Tuesday, Sept. 24
Wednesday, Sept. 25

The Commissary
10 a.m. - Noon
Thursday, Sept. 26

Skin cancer screening slated for active duty on Sept. 18

Naval Hospital Jacksonville Dermatology in cooperation with Branch Medical Clinic Jacksonville will be holding a skin cancer screening for all active duty personnel at the NAS Jacksonville Branch Medical Clinic

Sept. 18, 1 - 4 p.m.

(By appointment only)

To schedule an appointment

call 542-3500 and pick option 1.

Appointment availability is limited so be sure

to call early and ask for "skin cancer screening."

The Wellness Center

Bldg. 867
Monday-Friday
Corner of Jason &
Enterprise
7:30-4:00

Health Fitness
Assessment

Cholesterol Reduction

Blood Pressure
Reduction

ShipShape Weight
Management

Healthy Eating

Lose Weight
With Hypnosis

Tobacco Cessation
using Nicotine
Replacement

Tobacco Cessation
using Zyban
Quit Smoking
With Hypnosis

Call us today
to schedule
an appointment at
542-5292, ext. 10.

MWR NOTES

Sea and Sky Spectacular planned

The thrills in the skies and the wonders of the sea are coming back to Jacksonville,

The 2002 Jacksonville Sea and Sky Spectacular will take place Oct. 31 - Nov. 3 at NAS Jacksonville and The Jacksonville Landing. For more information check out www.nas-jaxairshow.com.

Mark your calendars for Navy Ball 2002

The Navy Ball will be held Oct. 11. Tickets will be on sale through the Wing CMC, Hospital CMC and Base CMC offices. More information to come.

Is your command up to the challenge?

The Haunted Woods Challenge has been issued for 2002 to all commands on board NAS Jacksonville. Commands that wish to design and staff a scene for the Haunted Woods on Oct. 18 and 19 may win up to \$500 for their recreation funds. Cash prizes (for recreation funds) are given for the top three places and you get to have a lot of fun being scary. Registration forms are located in all MWR facilities or can be obtained at www.nasjax.navy.mil.

Treat yourself through I.T.T.

You deserve a vacation, stop by I.T.T. and sign up for one of the many trips on the calendar. I.T.T. has Jaguar tickets on sale for every home game, only \$47.75 a ticket and anyone on base can purchase them with no limitations. I.T.T. also runs a shuttle to the home games and you can sign up for any game when you purchase your tickets. Call 542-3318 for more ticket information. For more information stop in our office located adjacent to the Navy Exchange in Bldg. 953-A. Trips are open to all base personnel and their guests.

The following are upcoming events:

Holy Land Experience - Take a pilgrimage on Sept. 7 to Orlando, to a living biblical

museum that takes you back in time to the land of the Bible. Ticket and transportation for adults is \$29.60 and children (4-11) is \$25.60.

Busch Gardens - Leave the driving to I.T.T. on Sept. 14 and play all day, then sleep all the way home from Tampa. Tickets and transportation are \$58.25 for adults, and \$50.95 for children (3-9).

Okefenokee Swamp - Experience the ecological wonder of the Okefenokee on Sept. 21. Transportation and boat tour of the swamp is only \$19.25 for adults and children for \$15.25.

Halloween Horror Nights - Tickets are now available at I.T.T., don't spend your time waiting in line at the park, have your ticket in hand when you get there. Peak night cost is \$36.80 and non-peak nights are \$30.10 per ticket.

The Fouled Anchor is the CPO's Jaguar headquarters

Head to the CPO lounge on Sept. 8 and Sept. 15 and watch the Jags play on one of the many TV's and enjoy wings, free hot dogs and drink specials.

Saluting Sailors and their families contests

Holiday on the High Seas - Seven Families (bring up to four members of your immediate family) will cruise on Royal Caribbean Nov. 24 - Dec. 1. Ports of call include Miami, Labadee, Hispaniola, Ocho Rios, Jamaica, Georgetown, Grand Cayman and Cozumel, Mexico. Enter through Sept. 16.

New Year's Eve in NYC - Ten winners and their guests (one guest per winner) will visit Central Park, Empire State Building, Radio City Music Hall, Broadway, Rockefeller Center, Statue of Liberty and Times Square Dec. 27-Jan. 2. Enter through Nov. 1. Enter both contests online at www.mwr.navy.mil.

NAS Freedom Lanes

Youth Bowling Party-Saturday at 11 a.m. The cost is only \$10

per person and includes Xtreme bowling, shoe rental, food, drinks and prizes.

Freedom Lanes is saluting heroes on Sept. 11 by offering free bowling for active duty, retirees, fire fighters, police officers and their immediate family members.

Active duty bowl for free every Wednesday from 11 a.m.-3 p.m.

Saturday Night Fun Tournaments are held every week and open to all base personnel.

Call 542-3493 for bowling news and information.

The Zone offers

daily lunch specials

Looking for a change in your lunchtime routine? How about checking out the daily lunch specials offered in The Zone. Chose to eat in Yesterday's Café, the Brew House, Bingo or if you are in the E7-E9 pay grade have lunch in the CPO Club.

Can't get away from the office? Live on base? Having an office party? Call the Delivery Zone and let us bring the food to you. We deliver free anywhere on base and have a wide variety of pizzas, subs, salads, sandwiches, wings, appetizers and more on our menu just waiting for your call. To place an order call 542-3900.

Ladies golf clinic

Ladies, come out and socialize Fridays at 4:30 p.m. at the NAS Jax Golf Club for only \$10/week.

Demo day at the golf club

On Sept. 27, six vendors will be on-site to demo their merchandise. For more information, call 542-3249.

Upcoming Liberty trips 542-3491

Trips are open to active duty and their guests only. Some trips are restricted to active duty only.

Sept. 22 - Alan Jackson concert. The cost is \$30 including transportation and ticket.

Sept. 28 - Paintball trip. The cost is \$5 for active duty and \$18 for guests. This includes

gun, transportation and 250 rounds of ammo.

Events and Tournaments

Sept. 10 - Golf Day. Catch a ride to the driving range for free golf lessons. Leave Liberty at 4 p.m.

Sept. 18 - Billiards Expo. Watch the skills of world famous Little David 6-7 p.m.

All tournaments are free will be held in the Liberty Cove Recreation Center beginning at 7 p.m.

Sept. 7-9 - Ball Pool Tournament

Sept. 17 - Free Throw Shoot Out

Sept. 20 - Ping-Pong Tourney

Free basic

auto repair classes

The next Auto Preventive Maintenance Class 101 is Sept. 19-20. The class meets each third Thursday and Friday of the month from 6-8 p.m. Patrons are required to attend both days to obtain a certificate.

Call 542-3227 to register.

Happenings for kids

Yellow Water Bike Rideo - Sept. 7 from 10 a.m. - noon, all residents are welcome to come out. Call us for more information at 777-8247.

Free movies

in the base theater

To read a description of these movies visit MWR on-line. Please do not leave children under 18 unaccompanied and no alcohol please.

Tomorrow, 7 p.m. - Enough (PG-13)
Sept. 13, 7 p.m. - Spider-Man (PG-13)

Sept. 14, 5 p.m. - The Emperors New Groove (PG)
Sept. 14, 7 p.m. - Life or Something Like It (PG-13)

Visit MWR online at www.nas-jax.navy.mil and look for the tab marked MWR. This is your tab to unlimited fun. For questions or comments e-mail us at mwrmtg@nasjax.navy.mil.

FFSC offers educational and support programs

The Fleet and Family Support Center Life Skills Education and Support Program is the foremost preventive measure for the avoidance of personal and family problems.

All FFSC workshops and classes are free of charge and available to service members and their families, and civilian personnel aboard the base.

Pre-registration is required. If special accommodations or handicapped access is required, please notify us upon registration. Contact 542-2766, Ext. 127 to register.

The following workshops are available during September:

Sept. 9-12, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Sept. 9, 1-3 p.m. - Car Buying Strategies

Sept. 10, 8 a.m. - 4 p.m. - Stress Management Workshop

Sept. 10, 11 a.m. - 1 p.m. - Budget for Baby Workshop

Sept. 12, 9:30 a.m. - noon - Time Management

Sept. 16, 9 a.m. - noon - Florida Family Law Information Seminar

Sept. 16 & 23, 1-5 p.m. - Assertive Communication Training

Sept. 17, 8 a.m. - 4 p.m. - Couples Communication Workshop

Sept. 17, 9-11 a.m. - What about the Kids?

Sept. 18, 6-8 p.m. - Budget for Baby Workshop

Sept. 23-26, 7:30 a.m. - 4 p.m. - Transition Assistance Workshop

Sept. 24, 9-10 a.m. - Sponsor Training Workshop

Sept. 24, noon - 4 p.m. - Divorce Adjustment Workshop

Sept. 26, 8-11 a.m. - Anger Control Workshop

Sept. 26, 1:30-3 p.m. - Volunteer Service Council

Sept. 26, 6:30-9 p.m. - Ombudsman Assembly

Sept. 27, 9-11:30 a.m. - Home Buying

Sept. 30-Oct. 4, 8 a.m. - 4 p.m. - Command Financial Specialist Training

Out in town, need a ride?

From MWR

NAS Jacksonville has a program called Club 2000. Anyone who is impaired and in a bar, club, lounge, or private residence within St. Johns, Baker, Nassau, Clay or Duval counties can call the NAS Jacksonville OOD office at 542-2338.

You will be provided a taxi ride, paid for by the station, to your home within the same five counties.

Anyone (including civilians) in an on-base facility can have the club bartender assist in contacting the OOD.

Club 2000 cards with this phone number can be obtained from MWR in Building 584.

HELPING HANDS

HabiJax opportunities

Assist on various homebuilding sites during this month with HabiJax's community projects. Landscaping, painting, roofing, and framing are some of the ways in which you can help build homes.

Volunteers are also needed at the framing plant and new, non-profit HomeStore, located at the HabiJax headquarters on the Northside of Jacksonville. Minimum age requirement for volunteers is 16. For more information or to sign up call Natalie Sears at 798-4529, Ext. 253.

American Heart Walk coming up

The American Heart Association is asking for volunteers to help out with the American Heart Walk on Sept. 14 at the Friendship Fountain & Park located downtown next to River City Brewing Company.

There are two shifts available, 6-10 a.m. and 8 a.m. - noon for duties such as park decorating, event set-up and tear down, handing out food and water, etc. All volunteers will receive a T-shirt.

If interested, please call 739-0197.

Volunteers needed to help kids ride horses

Hearts, Hands and Hooves has opened a new location on the Northside and they are in need of volunteers. Watch children's faces light up while you help them learn to ride a horse. Various evening and weekend shifts are available. Call Kim Fowler at 778-9697 for details.

Bicycles needed

The Jacksonville Corvette Club is collecting bicycles for J.P. Hall Christmas Party in December which helps needy children. For more information call Cmdr. Rustie Hibbard at 542-8793.

Naval Hospital Red Cross seeks shuttle volunteers

The Naval Hospital's visitor's parking lot shuttle cart service is operated by Red Cross volunteers. The service will soon expand to include a second

shuttle cart and will also begin operating both mornings and afternoons.

The Red Cross is currently taking applications for more volunteers to serve as drivers for the shuttle carts.

The only requirements for shuttle cart drivers are that they be outgoing, eager to help and possess a current Florida driver's license.

Volunteers are also needed to work other areas in the hospital such as at reception desks greeting and providing information for hospital guests. For information and applications Red Cross volunteer opportunities call 542-7525.

COMMUNITY CALENDAR

A preschool opportunity for four-year-olds is available at Venetia Elementary School. The school offers a pre-kindergarten program that is available to many families in the area. New rules from the children's commission have affected the approval of children so all parents should apply or reapply as soon as possible. When applying be sure to bring your child's birth certificate, social security card, proof of address and an a copy of the latest LES. For more information, call 772-0989.

4th Annual Sickle Cell Walk-A-Thon

The Sickle Cell Disease Association of Northeast Florida and Shands Jacksonville cordially invite you or your organization to participate in this year's walk-a-thon, Sept. 7 at the Shands Wellness and Education Center, 1605 Myrtle Ave., Jacksonville. Registration will begin at 8 a.m. and the walk at 9 a.m. Entertainment, clowns, face painting, space walk, cotton candy snow cones and much more await the participants. For further information call 244-4472.

The Jacksonville Semper Fidelis Society will hold their monthly meeting Sept. 18 at 11:30 a.m. at the Piccadilly Cafeteria near Regency Mall. For more information, call Sharon Leahy at 545-0635.

The Navy Wives Club of America, NWCA Jax No. 86, meets the first Wednesday of every month. Meetings are held in Building 612 on Jason Street at NAS Jacksonville at 7:30 p.m. The Thrift Shop is open Tuesdays and Thursdays and every other Saturday from 9 a.m. - 1 p.m. For more information call the Thrift Shop at 772-0242 or President Barbara Howard at 471-1444.

Clay County Chapter 1414, National Association of Retired Federal Employees, (NARFE) invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday of each month at 1 p.m. at the Orange Park Library. For more information call 276-9415.

Submarine Sailors - If you have qualified on a United States Navy submarine in the past or present you are invited to join "First Coast Sub Vets." If you have qualified on a submarine from a foreign country, you are invited to join as an associate member. Meetings are held the second Saturday of each month at the American Legion Post 318 on Atlantic Blvd. For more information contact the Base Commander at rjrxax@attbi.com or 241-6222.

The Marine Corps League, Jacksonville Detachment holds their monthly meeting the first Thursday of the month at 7 p.m. at the VFW Post 7909 on Blanding Blvd. For more information call John Leisman at 779-7375.

Girl Scout Troop 333 meets every Wednesday from 7-8:30 p.m. at NAS Jacksonville Chapel Annex. All girls grade 4-6 are invited, adults are also needed. If interested contact Lynne Sebring at 317-2363 or come to the meetings.

St. Joseph's New Directions is a year-round support group for the divorced and separated. Meetings are held the second and fourth Wednesday of every month. The meetings start at 6:45 p.m. and are held in the Convent at St. Joseph's main church on Loretto Road. Call 268-1591.

Christian Fellowship Night will be held behind the Chapel in Bldg. 749 from 6:30 - 9 p.m. every Tuesday night. For more information call 542-3051.

The Clay County Chapter 1414 National Association of Retired Federal Employees, cordially invites all retired and currently employed federal employees to their regular monthly meeting, the second Tuesday, September 10 at 1p.m. at the Orange Park Library, 2954 Plainfield Avenue, Orange Park, Fl. For more information call 276-9415.

The First Coast Black Nurses Association local meeting 10 Sept. at 6 p.m. The meeting will be held at Shands Jacksonville Hospital, 580 W. 8th street, Tower II. For more information contact Juanita Harper 886-7363.

The 2002 Memorial Reunion of USS Canberra (CA-70 and CAG-2) is scheduled for Sept. 19-22 in Falls Church, Va. For more information, email memcrew@aol.com or call Paul McManuels at (717) 737-2516.

A reunion for members of USS Sperry (AS-12) who served on the ship from 1942 - 1982 is planned for Oct. 10-12 in Galveston, Texas. For more information contact Arnold Ross at (281) 534-2459 or email aross14573@aol.com.

The crew of the USS Greene, DD266, AVD13, APD36 will gather in Jacksonville, at the Hilton - Jacksonville Riverside Oct. 10-13. The crew will visit NS Mayport and NAS Jax. Other events include a prayer breakfast, ceremony at the Lonely Sailor Statue and a banquet. For reservations and more information, call 398-8800.

USS Dwight D. Eisenhower (CVN-69) crewmembers are hosting a 25th anniversary celebration Oct. 14-18 in Norfolk, Va. For more information visit the website at <http://www.O2.cfl.navy.mil/eisenhower> or email ike25@eisenhower.navy.mil.

Take part in Haunted Woods 2002 by having your command built and "run" a scene during Haunted Woods on October 18 & 19. Judges will be going through the scenes making their winning selections on both nights. 1st Place receives \$500, 2nd \$300 and 3rd \$200, money goes into your command's recreation funds. Prop building will begin Oct. 14. For additional information contact MWR at 778-9772.

JU offering free football tickets

Jacksonville University (JU) is once again offering free admission to all active duty and reserve personnel on active duty and their families in Northeast Florida and Southeast Georgia for their Sept. 7 home football game against Lenoir-Rhyne college of Hickory, N.C.

Each person must present a military identification card at the gate for free admission. Kickoff time is 12:30p.m.

The football field is located at the north end of the JU campus, 2800 University Boulevard North, in Jacksonville's

Arlington neighborhood. Since bleacher seating is limited, it is recommended that those attending the game bring blankets or ground cloths. No coolers or alcoholic beverages will be allowed. A concession stand is available.

As a special treat, there will be a musical salute presented by Navy Band southeast prior to the start of the game. Parading of the colors and the national anthem will be held at approximately 12:20 p.m., followed by 12:30 p.m. kickoff.

You're down!



Photo by JO2(SCW) Eric Clay

CNRSE's PH2 Chuck Withrow and JO2(SW) Clifford Williams surround a member of Naval Hospital Jacksonville's flag football team in a successful attempt to pull his flag during a pre-season victory. The CNRSE team has a pre-season record of five wins and only one loss.

JAX SPORTS

Softball starting soon

The Greybeard league is open to all NAS Jax active duty commands and personnel ages 32 and above. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 11:30 a.m.

The intramural softball league is open to all NAS Jax active duty commands and personnel. The season begins Sept. 16.

The women's league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 16.

The open league is open to all NAS Jax active duty, dependents over 18, retirees, and DoD civilians. The season begins Sept. 17 and games will be played on Tuesdays and Thursdays at 4:15 p.m. All interested personnel should attend these meetings to discuss rules and to get the required paperwork to join the leagues.

mand. Call the NAS Jax gym to sign up by Sept. 27.

Men's/Women's Captain Cup racquetball tournament planned

The tournament will be Sept. 16-20. It is free and open NAS Jax active duty only. Matches will be played nightly at the NAS Jax gym beginning at 5 p.m. Sign up by Sept. 11.

All Navy wrestling tryouts coming up

The All-Navy wrestling tryouts will be conducted by Rob Hermann, All Navy Wrestling Coach, at the NAS Jax gym from 5-7 p.m. on Oct. 25. Weigh-ins will not be conducted and wrestling equipment is not required to tryout. Weight classes are 119; 127; 138; 152; 167; 187; 213; and 286. Call NAS Jax Athletics to sign up.

Men's/Women's Captain Cup tennis tournament slated

These tournaments will be held Sept. 30 at 5 p.m. They are free and open to all NAS Jax active duty men and women. The matches will be played at the Birmingham tennis courts. Individuals playing in the tournament will earn Captain's Cup points for their respective com-

For more information about any of the sports articles, call Bill Bonser, Sports Coordinator or Mike Gorman, Athletic Director at 542-2930/3239 or e-mail us at dbonser@nasjax.navy.mil or dgorman@nasjax.navy.mil.

JAX TALES By MIKE JONES

[RICKYSTOUR@YAHOO.COM](mailto:rickystour@yahoo.com)

